



olestra1@cspinet.org
10/10/2005 12:40 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 10-10-2005

Name: [REDACTED]

Age: 40

Sex: Male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 10-8-2005

When problem? 6 hours minutes

When problems end? 10-9-2005, 6 am

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing:
- Loose stools: none
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: mild
- Other:

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: large, amount: 1/4 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

when is diarrhea convenient?

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? google search



olestra1@cspinet.org
10/12/2005 12:10 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 10.1.05

Name: [REDACTED]

Age: 42

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? September 15 2005

When problem? 6 hours minutes

When problems end? September 16, 2005

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: severe
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: mild
- Other:

additional details:

I ate them by accident. I didn't know, someone served them at a picnic.

eat olestra again? No

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: , amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?

10-356



olesta1@cspinet.org
10/12/2005 01:12 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 10-11-05

Name: [REDACTED]

Age: 51

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 10-11-05 7:00 p.m.

When problem? hours 45 minutes

When problems end? 10-12-05 1:00 a.m.

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: moderate
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: severe
- Other: Food passed

additional details:

After eating maybe 25-30 Pringles No Fat BBQ chips, my family had a balanced meal for supper. Within minutes, my food passed with diarrhea in recognizable form! I was horribly sick for hours from so few chips.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Original Pringles, size: BBQ 6.5 oz, amount: 1/4 pkg

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

I had to quit working and spend the entire evening in the bathroom & go to bed early.

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response? Not yet - going to do so.

Media? No

web site? Google

10-357



olesta1@cspinet.org
10/17/2005 04:57 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 10-17-05

Name: [REDACTED]

Age: 40

Sex: male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 10-16-05 1:00pm

When problem? 6 hours minutes

When problems end? 10-17-05 4:00pm

Still persist?

Occations: 3

Problems/Severity:

- Diarrhea:
- Couldn't control bowels; soiled clothing:
- Loose stools:
- Nausea: mild
- Fecal urgency:
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting:
- Yellow-orange stains in underwear:
- Greasy stools:
- Oil in toilet:
- Other:

additional details:

On three occasions, It felt like I was having a HEART ATTACK but the problem was in the center of my stomach, just below my rib cage. My Mom said it was a HIETAL HERNIA BUT I determined it was the LAYS chips (With just 80 calories) that I have been eating at SUBWAY. Why is this stuff on the market???

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? SEVERE GAS and PAIN

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: medium, amount: about 17 chips
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
One morning I couldn't go back to sleep after just an hour sleep and had to go out to get MALOX with the kids

seek medical help? Yes

emergency room? No

diagnosis? possible hiatal hernia

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? GOOGLE.com



olesta1@cspinet.org
10/18/2005 01:04 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 10/18/2005

Name: [REDACTED]

Age: 35

Sex: M

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 10/15/2005

When problem? 1 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools:
- Oil in toilet:
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: regular, amount:
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: Irritable bowel syndrome (lessened with exercise), ulcer (treated
in

past)Did you have the flu, allergy, or other illness that might have explained
your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Yes, slept through 2 evenings instead of doing homework!

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? http://www.cspinet.org/new/olestra/olestra_12_22_98.htm



olesta1@cspinet.org
10/21/2005 12:40 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 10/20/05

Name: [REDACTED]

Age: 58

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 10/20/05

When problem? 1 hours minutes

When problems end? 10/21/05

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: moderate
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: moderate
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- SCO Pringles, size: regular, amount: 17 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

unable to make it to the bathroom

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? search engine

10-360



olesta1@cspinet.org

10/23/2005 11:55 AM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

History:  This message has been forwarded.

Date: 10/21/05

Name: [REDACTED]

Age: 31

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 9/5/05 & 10/20/05

When problem? 2-3 hours minutes

When problems end? still having problems

Still persist? Yes

Occations: 3 days

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing:
- Loose stools: moderate
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: moderate
- Other: Bleeding/Blood in Stool

additional details:

I have had no appetite for 3 days. There was not a warning on my bag of chips. My friends were the ones who warned me after I told them I found fat-free chips. I went back to the bag, but there was no warning. I did not realize that the bleeding in September was probably caused by the olestra. I went to the doctor twice. I wouldn't have eaten it again if I knew it caused the problems.

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: large, amount: whole in a few days

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? Yes

emergency room? No

diagnosis?

medication? Yes

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response? Couldn't find contact information

Media? No

web site? surfing

10-361



olesta1@cspinet.org
10/25/2005 03:08 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 10-25-05

Name: [REDACTED]

Age: 40

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? within the day

When problem? hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: , amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: I get gas alot. Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? I was searching the web for olestra products so I could avoid them.



olesta1@cspinet.org

10/27/2005 12:53 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: Oct. 27, 2005

Name: [REDACTED]

Age: 20

Sex: M

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? April 23, 2005

When problem? 1 hours 0 minutes

When problems end? About a week after consumption.

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: moderate
- Greasy stools: severe
- Oil in toilet: moderate
- Other: Sometimes no indication of need to use stool.

additional details:

Worst feeling I have ever felt. Embarrassing and disgusting.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: large, amount: whole package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Inability to hold back, especially driving and public.

seek medical help? No

emergency room? No

diagnosis?

medication? Yes

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?



olesta1@cspinet.org

10/30/2005 01:25 AM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: October 29, 2005

Name: [REDACTED]

Age: 47

Sex: M

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 8pm October 29, 2005

When problem? 2 hours minutes

When problems end?

Still persist?

Occations:

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing:
- Loose stools: mild
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas:
- Bloating:
- Abdominal cramps:
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

Will update as only few hours.

eat olestra again? No

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: large = 13 to 15 oz., amount: 20

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?

10-364



olesta1@cspinet.org
10/30/2005 01:22 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: October 29, 2005

Name: [REDACTED]

Age: 43

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? October 29, 2005 8pm

When problem? 2 hrs hours minutes

When problems end?

Still persist?

Occations:

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing:
- Loose stools: severe
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: mild
- Other:

additional details:

I will monitor it further as it has only been roughly 3 hours.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: large = 13 to 15 oz., amount: few chips 20
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: HemmoroidsDid you have the flu, allergy, or other illness that
might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?

10-365



olesta1@cspinet.org
10/31/2005 10:53 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 10/31/05

Name: [REDACTED]

Age: 13

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 10/28

When problem? 4 hours minutes

When problems end?

Still persist? Yes

Occations: more

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools:
- Nausea: moderate
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

the pain has continued for over 4 days and she has missed school,
We are not sure what to do to relieve the pain and excess gas and
bloating

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: large, amount: 20chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

couldn't get to the bathroom fast enough

seek medical help? Yes

emergency room?

diagnosis? we are calling the hospital tonightI

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company?

response? not yet

Media?

web site? looked on line for information about olestra

10-366



olesta1@cspinet.org

11/01/2005 12:51 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 11/01/05

Name: [REDACTED]

Age: 42

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 10/31/05 12pm

When problem? 1 hours 30 minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: severe
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: moderate
- Yellow-orange stains in underwear: moderate
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: large, amount: 1-2 servings

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: gerdDid you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site?

10-367



olesta1@cspinet.org

11/01/2005 01:15 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 11/1/05

Name:

Age: 18

Sex: m

Address:

Occupation:

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat?

When problem? 1 hours 30 minutes

When problems end?

Still persist? Yes

Occations: 2-3

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: severe
- Oil in toilet: mild
- Other:

additional details:

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems?

Where/when problems occur?

safety problems/inconvenience?

seek medical help? Yes

emergency room?

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again?

Contact Company?

response?

Media?

web site?

10-368



olesta1@cspinet.org
11/02/2005 11:03 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

History:  This message has been forwarded.

Date: 11-02-2005

Name: [REDACTED]

Age: 61

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? ruffles light fat free

When problem? hours 45 minutes

When problems end? hasn't yet

Still persist? Yes

Occations:

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: moderate
- Nausea: severe
- Fecal urgency: moderate
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: mild
- Other:

additional details:

Did not realize that the olestra was in the chips until we had already eaten.
My husband has had some stomach cramping but no diarrhea yet.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: 9 1/2 oz, amount: 12 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? link from website

10-369



olesta1@cspinet.org
11/04/2005 05:39 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 11-4-05

Name: [REDACTED]

Age: 36

Sex: FEMALE

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat?

When problem? hours minutes

When problems end?

Still persist? Yes

Occations: 3

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: mild
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet:
- Other:

additional details:

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: , amount: 17

- SCO Pringles, size: , amount: 17

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

changing cloths at work

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site?

10-370



olesta1@cspinet.org
11/06/2005 08:15 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 11-06-2005

Name: [REDACTED]

Age: 37

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? past 2 weeks

When problem? hours minutes

When problems end?

Still persist? Yes

Occations: 21

Problems/Severity:

- Diarrhea:
- Couldn't control bowels; soiled clothing:
- Loose stools: mild
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

eat olestra again?
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: 265.7g, amount: 3 bags over weeks

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: spastic colonDid you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? Yes

Contact Company? No

response?

Media? No

web site?

10-371



olesta1@cspinet.org
11/09/2005 10:36 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

History:  This message has been forwarded.

Date: 11/9/05

Name: [REDACTED]

Age: 53

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 11/7/05

When problem? 12 hours minutes

When problems end?

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing:
- Loose stools: moderate
- Nausea: moderate
- Fecal urgency: none
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: Stinky Bowl movements & gas

additional details:

I forgot about the warning they used to have on Ruffles fat free potato chips. My daughter came over and said, "aren't these suppose to cause abdominal cramping and anal leakage (jokingly)"? I then remembered and checked the bag for any type of warning - NONE! I then started experiencing abdominal cramping, gas and bloating followed by loose stools and diarrhea before the lightbulb went off in my head. I had been eating them for two days! Thankfully, I haven't eaten than many chips or I would have been up shit creek (oops, couldn't resist). I am still suffering and now I am a bit angry that they are no longer required to post the warning. Especially knowing how addictive potato chips can be!

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: large bag, amount: 10 - 30 chips per day
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes
specify GI: Irritable bowel syndrome Did you have the flu, allergy, or other
illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company?

response? Not yet, but I will.....

Media? Yes

web site? Google search

10-372



olesta1@cspinet.org
11/11/2005 01:18 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 11/12/2005

Name: [REDACTED]

Age: 55

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 11/02/05 5:00pm

When problem? 1 hours minutes

When problems end? 9:00pm

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:
very greasy bm's

eat olestra again? Yes
problems again? Yes

Problem(s) reoccurred? same

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: , amount: 1/2 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? from another web site

10-373



olestra1@cspinet.org
11/11/2005 09:51 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 11/11/05
Name: [REDACTED]
Age: 26
Sex: F
Address: [REDACTED]
Occupation:
Email:
Phone: ()
Fax: ()

Suffer: Yes

When eat? 11/09/05

When problem? 24 hours minutes

When problems end?

Still persist? Yes

Occations: 2 so far

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: none
- Fecal urgency: none
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

eat olestra again? No
problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: large, amount: 1/2

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience?

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?

10-374



olesta1@cspinet.org
11/13/2005 09:42 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History:  This message has been forwarded.

Date: 11/13/05

Name: [REDACTED]

Age: 48

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 11/12/05, 1pm

When problem? 17 hours minutes

When problems end?

Still persist?

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing:
- Loose stools: moderate
- Nausea: moderate
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting:
- Yellow-orange stains in underwear:
- Greasy stools: moderate
- Oil in toilet:
- Other:

additional details:

I wondered whether this was the problematic fat substitute while I was thinking about purchasing this item. But somehow I thought it was oleine, not olestra. I was "taken in" by the advertising on the packaging that claims that this helps to "maintain your healthy lifestyle." I would not have purchased this item if I'd realized what the ingredient was. Today I'm still in the first day after eating, so it's too early for me to assess the longevity of these problems for my body.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: large (10 oz), amount: 17 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response? I haven't yet contacted them, but I will!

Media?

web site? google search

10-375



olesta1@cspinet.org
11/15/2005 11:09 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 11/14/2005

Name: [REDACTED]

Age: 10

Sex: male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 11/14/2005 6:30 pm

When problem? 2 hours 5 minutes

When problems end? 11/14/2005 11:15 pm

Still persist? No

Occasions: 1 month

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing:
- Loose stools: mild
- Nausea:
- Fecal urgency: none
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: none
- Oil in toilet: moderate
- Other:

additional details:

eat olestra again? Yes
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: , amount: 1/4 large bag

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? Yes

emergency room? No

diagnosis? cramps

medication? No

contact doctor?

Doctor:

Eat olestra products again? Yes

Contact Company? No

response?

Media? No

web site?

10-376



olesta1@cspinet.org
11/18/2005 12:03 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 11-17-05
Name: [REDACTED]
Age: 27
Sex: Female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 11-16-05

When problem? 3 hours 20 minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: moderate
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

Just was very sick to my stomach, I woke up in the middle of the night.. could not eat solid foods for the day.. had pain all through out the day.. and still have same bowl movment problems.. I looked at the bag of light doritos and had Olestra as an ingredient.. but doesn't list the side effect of the product on the bag.. That is why I had to go on the website.. I thought I had a stomcah flu.. but after not eating the chips today I felt better...

eat olestra again? Yes
problems again? Yes

Problem(s) reoccurred? all of them

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: 15oz, amount: 1/2
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
I teach at the college.. I felt I had to go to the bathroom all day

seek medical help? No

emergency room? No

diagnosis?

medication? Yes

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? google

10-377



olesta1@cspinet.org
11/18/2005 10:58 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 11/18/2005

Name: [REDACTED]

Age: 25

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 11/01/05

When problem? 2 hours minutes

When problems end?

Still persist? Yes

Occations: 20

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: none
- Bloating:
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: none
- Oil in toilet: none
- Other: bloody stool

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: , amount: 17 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? google

10-378



olesta1@cspinet.org
11/19/2005 09:54 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 11/19/2005

Name: [REDACTED]

Age: 72

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 11/18

When problem? 18 hours minutes

When problems end? 11/19

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No
problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Doritos Nacho Cheesier, size: large, amount: 1 oz

- Ruffles, size: , amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? pulled up olestra on internet

10-379



olesta1@cspinet.org

11/19/2005 07:19 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

History:  This message has been forwarded.

Date: 11-19-05

Name: [REDACTED]

Age: 48

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 11-18-05 @ 8:30 p.m.

When problem? hours 30 minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: severe
- Fecal urgency: mild
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: headache & lower back ache

additional details:

I had about 12 Ruffles Light potato chips last night and approximately 30 minutes later I had severe gas. I read the ingredients while I was eating the chips and saw that Olestra was in them, but couldn't remember what the side effects for it was or if there was any. Approximately, 90 minutes later had severe nausea. Then the diarrhea started. I have had the diarrhea & nausea all day today. Today, I have only been able to eat a banana. I have a bad headache (which may be attributed to lack of food) & my lower back hurts.

It was only when I did research on Olestra on the Internet that I got the information about the side effects of this horrible ingredient!

I have thrown away the Ruffles Light potato chips, which by-the-way cost me \$3.99 for the bag! I bought the Ruffles Light chips on a recommendation of a friend and I can't wait to tell her about my experience! I will never eat anything with Olestra in it, again and will do my part to educate others about the severe side affects of this "fake fat."

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: , amount: approx. 12 Chips
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
Bad gas with my partner in same room

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Did a search on Olestra on Google.

.



olesta1@cspinet.org

11/24/2005 12:50 AM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 11-22-05

Name: [REDACTED]

Age: 28

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? Lays Light on 11/20

When problem? 12 hours minutes

When problems end? TBD

Still persist?

Occations: 2

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing:
- Loose stools: mild
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- Vomiting:
- Yellow-orange stains in underwear: mild
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: 6.5, amount: 15

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Lived in the bathroom for 4 hours.

seek medical help? Yes

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Google



olesta1@cspinet.org
11/23/2005 10:57 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History: ☒ This message has been forwarded.

Date: 11/23/05

Name: [REDACTED]

Age: 29

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 11/23/05 1:30 p.m.

When problem? 1 hours 30 minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: none
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: none
- Bloating:
- Abdominal cramps: severe
- Vomiting: severe
- Yellow-orange stains in underwear: moderate
- Greasy stools: moderate
- Oil in toilet: moderate
- Other: Stools were orange in color.

additional details:

Please put the warning label back on this product. Make sure it clearly warns people of the risk!!!

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: Regular, amount: 1/3 of package over two days
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes
specify GI: Regularly take Nexium for acidy stomach, but never have symptoms
that occurred after eating the fat-free Pringles. Did you have the flu,
allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
Sleep was disturbed, had to leave work.

seek medical help? No

emergency room?

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? I emailed them yesterday and have not yet received a response.

Media? No

web site? Yahoo search



olesta1@cspinet.org
11/28/2005 02:11 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 11/27/2005

Name: [REDACTED]

Age: 25

Sex: Male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 11/27/2005 evening

When problem? 6 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: moderate
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: moderate
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

This product needs to be banned!

eat olestra again? No

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: , amount: 1/4 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Rather not

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?



olesta1@cspinet.org
11/28/2005 02:23 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 11-28-05

Name: [REDACTED]

Age: 59

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: () [REDACTED]

Suffer: Yes

When eat? 11-23-05 7 pm

When problem? 12 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: severe
- Fecal urgency: mild
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: mild
- Other: Felt like salt was drying up intestines and stools. Very sensitive gut. Couldnt get enough water and didnt want anything else to eat.

additional details:

Ruined my weekend. Slight fever. Green stools today.

eat olestra again? No

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: 14? OZ, amount: 30 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again?

Contact Company? No

response?

Media? No

web site? google



olesta1@cspinet.org
11/28/2005 03:09 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

History:  This message has been forwarded.

Date: 11/28/05

Name: [REDACTED]

Age: 36

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 11/26/05 1:00am

When problem? 8 hours minutes

When problems end? 11/27/05

Still persist? No

Occations: 2

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: moderate
- Other: also mucus

additional details:

Urgency came on very quickly, driving in car. I was unable to pull over. You can guess the rest. Also rectal discomfort and burning after defecation.

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Would you have linked your symptoms? Yes

Which olestra product?

- Tostitos, size: , amount: 17 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: I have a sensitive stomachDid you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

Just tried to sleep it off.

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? Looked up Olestra on Internet



olesta1@cspinet.org
11/29/2005 04:46 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 11/28/2005

Name: [REDACTED]

Age: 32

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 11/27&28/2005 6 & 1pm

When problem? 3 and 2 hours 30 minutes

When problems end? About 5am and still having some from today's

Still persist? Yes

Occations: so far 2 days total

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing:
- Loose stools: none
- Nausea: moderate
- Fecal urgency: severe
- Flatulence/Gas: none
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

My husband and I both ate chips with this in and had the same problems. The following day I ate the chips again not connecting the issue to the problem (I was feeling better) and within 2 hours of eating the chips again I was sick again and still am.

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? Stomach cramps, loose bowel movements

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: regular, amount: 1/2

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Did not make it home in time. Severe incontinence. Made a mess of me and the seat of my car. I had to walk into my apartment building like that.

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Looking up info on olestra, and complications associated with it.

10-386



olesta1@cspinet.org

11/30/2005 06:03 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

History:  This message has been forwarded.

Date: 11-30-2005

Name: [REDACTED]

Age: 28

Sex: M

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? A couple of months during 2001

When problem? 1 hours 30 minutes

When problems end?

Still persist? Yes

Occations: after about 1-1/2 months of eating the snacks

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: mild
- Nausea: mild
- Fecal urgency: moderate
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: moderate
- Other:

additional details:

I ate the snacks for about 2 months and stopped after I noticed that I was having oily anal discharges. I am still having problems as of today and it is 4 years later. Has there been any kind of law suits over this stuff?

eat olestra again? No

problems again? Yes

Problem(s) reoccurred? Oily anal discharge

Packet bear label stating olestra may cause?

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's KC Masterpiece BBQ, size: , amount:
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? a search on the ingredient olestra when I saw it was in the chips



olesta1@cspinet.org

12/03/2005 04:28 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: December 3, 2005

Name: [REDACTED]

Age: 51

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? December 2, around 6 PM

When problem? 9 hours minutes

When problems end? still going on after 12 or so hours

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: severe
- Fecal urgency: mild
- Flatulence/Gas: none
- Bloating:
- Abdominal cramps: mild
- Vomiting: moderate
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: severe headache

additional details:

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: large, amount: 1 bag per week for about 2 months

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Not until I ate these chips anyway. Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

seek medical help? No

emergency room? No

diagnosis? I am going to the doctor tomorrow because I noticed blood today.

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site?



olesta1@cspinet.org
12/07/2005 08:26 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 12/7/2005

Name: [REDACTED]

Age: 58

Sex: Male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 12/4/2005 - 2pm

When problem? 24 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: mild
- Fecal urgency: none
- Flatulence/Gas: none
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: large, amount: 17 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

walking/driving downtown, felt sudden nausea, rushed home to throw up

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? googled "olestra"



olesta1@cspinet.org
12/07/2005 05:14 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 12/7/2005

Name: [REDACTED]

Age: 30

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 12/4/05, 12/5/05

When problem? 10 hours minutes

When problems end? not ended yet

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: moderate
- Fecal urgency: severe
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: large, amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

got very painful cramps in my stomach

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? google



olesta1@cspinet.org
12/09/2005 06:55 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date:

Name: [REDACTED]

Age:

Sex:

Address: [REDACTED]

Occupation:

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 12/7/05

When problem? 4 hours minutes

When problems end? 24

Still persist?

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing:
- Loose stools: moderate
- Nausea: mild
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: mild
- Other:

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- SCO Pringles, size: regular, amount: 1/2

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

I had a stomach ache a few hours after eating and had major diaherra, I didn't even consider the chips to be the problem until I looked up Olestra online.

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?



olesta1@cspinet.org

12/11/2005 03:09 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 12/11/05

Name: Paul

Age: 48

Sex: Male

Address: Corona CA

Occupation:

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat?

When problem? appox 6 hours minutes

When problems end? 24 hours after the snack

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control oowels; soiled clothing:
- Loose stools:
- Nausea:
- Fecal urgency: moderate
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: moderate
- Vomiting:
- Yellow-orange stains in underwear:
- Greasy stools:
- Oil in toilet:
- Other:

additional details:

My wife and I were talking about Olean and I decided to see what I could find out about it on the internet. That's how I found this website. This experience I am telling you happened shortly after "they" began marketing snacks cooked in Olean which is why some of the details are somewhat vague. What isn't vague is how those snacks affected me.

When they first came out with snacks cooked in Olean I thought it was great. I had heard that it might cause gastric distress in some people but I have never had that sort of problem before so I assumed it would never happen to me. The chips were okay but about 6 to 8 hours after I ate them I started out having cramps and wound up on the toilet with some major diarrhea. Once the "storm" passed I was okay. Be sure that I will never eat anything with Olean again and I make sure people around me (family and friends) know about my experience.

eat olestra again? No
problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: small, amount:
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No
except telling my wife that I was okay in spite of the sounds emanating from
the bathroom

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again?

Contact Company? No

response?

Media? No

web site? taking about my experience a couple years ago I thought I might look
into Olean and found your website.

10-392



olesta1@cspinet.org

12/13/2005 10:27 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 12/13/05

Name: [REDACTED]

Age: 43

Sex: female

Address: [REDACTED] Westland MI 48185

Occupation: Homemaker

Email:

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 12/12/05 12:00 PM

When problem? 3 hours minutes

When problems end? ?

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: severe
- Fecal urgency: moderate
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

THE NAUSEA WAS AS BAD AS BEING PREGANT. I WAS SO TIRED FROM HAVING SO MANY BOWEL MOVEMENTS I SLEPT THE NEXT DAY AWAY AND I COULDN'T EAT ANYTHING (EXCEPT DRY TOAST) FOR FEAR IT WOULD RUN OUT OF ME.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- SCO Pringles, size: 6.5, amount: 1/4

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? GOOGLE.COM



olesta1@cspinet.org
12/14/2005 02:00 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 12-12-05
Name: [REDACTED]
Age: 75
Sex: F
Address: [REDACTED] Venice, Fl 34285
Occupation: homemaker
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 12-14-05 at 12:10 noon

When problem? 1 hours 40 minutes

When problems end? not yet

Still persist? Yes

Occations:

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: moderate
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: moderate
- Greasy stools: moderate
- Oil in toilet: moderate
- Other: feeling ill and want to lie down

additional details:

Continuing bad stomach and bowel cramps.

eat olestra again? No
problems again?

Problem(s) reoccurred? Above.

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: large, amount: few
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
had to go and lie down- felt sick

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? they were sorr don't buy it again.

Media? No

web site? I looked it up



olesta1@cspinet.org
12/15/2005 08:29 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 12/15/2005
Name: [REDACTED]
Age: 32
Sex: m
Address: [REDACTED] 59715
Occupation: engineer
Email: [REDACTED]
Phone: ()
Fax: ()

Suffer: Yes

When eat? 12/12/05

When problem? 12 hours minutes

When problems end? 12/15/05

Still persist? No

Occations: 2

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing:
- Loose stools: none
- Nausea: none
- Fecal urgency: none
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: mild
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: large, amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

embarrassing odor

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? google

10-395



olesta1@cspinet.org
12/18/2005 06:44 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 12/18/2005
Name: [REDACTED]
Age: 24
Sex: F
Address: [REDACTED] Colorado Springs CO 80922
Occupation: Computer technician
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 12/17/05 @ 1400

When problem? 4 hours 25 minutes

When problems end? 12/18/05 @1900

Still persist?

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: severe
- Fecal urgency: moderate
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: severe abdominal cramping

additional details:

eat olestra again? Yes
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? Yes

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Ruffles Cheddar, size: 6 oz, amount: a few chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Google

10-396



olesta1@cspinet.org

12/20/2005 04:40 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

History: This message has been forwarded.

Date: 12/20/05

Name: [REDACTED]

Age: 42

Sex: m

Address: [REDACTED] Whitehall MT 59759

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 11/22/05 8:00pm

When problem? 1 hours minutes

When problems end? 11/24/05 (at least 48 hours)

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: severe
- Fecal urgency: mild
- Flatulence/Gas: none
- Bloating:
- Abdominal cramps: none
- Vomiting: severe
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

I was driving a truck with a 53 foot trailer full of U.S. mail. After eating Pringles, I felt hot and quickly became nauseated to the point that I started looking for an exit. It was foggy with icy roads and below freezing temperatures, so it was unsafe to pull off on the shoulder of the road. I was becoming more severely nauseated and spotted an exit. As I pulled off the exit ramp I started to black out-I only had about 25% of my normal vision. I thought I would pass out so even before the truck came to a stop, I set my parking brake so the truck wouldn't roll free. I climbed out of the truck and my legs buckled and I fell to the ground and vomited violently. I pulled myself up with the door and staggered around to the front of the truck and continued to vomit uncontrollably. I stayed on the ground for awhile until I

became really cold. Afraid of hypothermia and passing out in the cold, I made my way back into the truck.

I laid in the sleeper of the truck for about an hour and a half and the feelings of unconsciousness slowly subsided. But I realized my nausea wasn't getting any better and I knew I had to do something with my load because I had another driver waiting for me in Butte. I remembered there was another mail driver running behind me and I called him to swap me loads. He was in Missoula and said he would wait there for me. I climbed in the driver's seat and started gaining speed on the entrance ramp to the Interstate. I didn't get off the entrance ramp, because I had to stop and vomit again. I made it to Missoula eventually. The driver said I looked so bad that he would swap the trailers.

I stayed in Missoula in the truck at the scalehouse and slept some. I woke up still sick and realized that the load I now had must be in Butte by about 6:00am. I drove from Missoula to a few miles west of Deer Lodge where I had to stop and vomit again, costing me another 30 minutes. I continued on to Butte where another driver met me and dropped my trailer for me. I arrived at 7:30am and I parked and slept until noon.

I went home and felt increasingly better, but felt weak for two or three days.

This whole ordeal put me in great danger driving a heavy truck on icy mountainous roads and fog. I was lucky that I was able to find a ramp to pull off I-90. Had I not, I would have had to stop on the shoulder and stumble out in the lane of traffic with the darkness, ice, fog, and being semi-conscious.

As my vision was impaired and I had lost dexterity, I was not in control of my body, and I was driving a 60,000 pound vehicle, other traffic was in danger.

This also caused 2 other drivers time and inconvenience and delayed a load of U.S. mail.

It ruined my 2 days off from work as I was lethargic and somewhat nauseated.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: regular, amount: 1/2 to 3/4 can
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
Safety problems-driving semi truck-see description above

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? not sure